

BPCP Conference Call
Minutes
April 10, 2012

Present

Cascade, Custer, Flathead, Gallatin, Missoula, Ravalli, RiverStone

Absent

Deer Lodge, Hill, Lewis and Clark, Silver Bow

State Staff—Joan Bowsher, Chris Fogelman, Tessa Bailey, Tara Ray, Leah Steinle

Future of BPCP in Montana

- A. Definition of a peer counselor and expectation with 2013 contract will meet that
A Peer Counselor will be a paraprofessional who is:
 - a. Recruited from the target population; and
 - b. Available to consult with WIC participants outside clinic hours and outside the WIC clinic environment.
 - c. Ideally, able to meet the following criteria:
 - 1. Enthusiastic for breastfeeding;
 - 2. Has basic communication skills
 - 3. Has previous breastfeeding experience;
 - 4. Has similarities with WIC participants served;
 - 5. Is a current or previous WIC participant
 - 6. Is a similar ethnic background, similar age, and same language spoken.
- B. Allowable costs
 - a. heavy emphasis on actual peer counseling over other activities
 - b. pay for PC and supervisor
- C. Reporting requirements
 - a. monthly expenditure reports for reimbursement
 - b. annual report of program operations and activities for the period of April 1 to March 31 (or part of year during initial year) due by April 30th
 - 1. These reports are used to write the required Montana BPCP Report which is sent with our State Plan in June
 - 2. It is also used to direct local BPCP to other local BPCP who can provide technical assistance about how they perform an activity or function
 - c. report on the two (2) selected measurable objectives for the contract period due by November 30th
 - 1. The timeframe for the data is October 1st to September 30th
- D. WIC is still required to spend WIC funding on breastfeeding promotion and support. BPCP funds should not be used to cover all of those expenses.

Training Interest

- A. One to one and a half day training in the fall – November is the target
 - a. Vicky Tusler suggested a day before or after the Fall Training
 - b. Terry Miller suggested either October or early November
 - c. Darcy Hunter suggested shortly after Thanksgiving , like the last one.

- B. What would you like to see?
- a. Mary Pittaway suggested information on how to help mothers choose exclusive breastfeeding and delay solids introduction
 - b. Darcy Hunter suggested training on baby-led breastfeeding (see less nipple trauma and better latch results)
 - c. Kim Winchell suggested how to deal with mom's concerns that she is not producing enough and how to address when the infant needs to gain at an increased rate than is occurring
 - d. Terry Miller suggested recognizing and dealing with tongue-tied infants
 - e. Lorrie Grosfield suggested a Scandinavian speaker to provide information about how Scandinavian counties have achieved high rates of breastfeeding

Questions about where to chart BPCP notes

- A. Notes in SPIRIT would be in Manage Notes
- B. Choose the BF Notes tab
- C. It may be a good idea to use the template on an initial contact after delivery
- D. On other contacts you can decide whether to use the template based on what best fits for the contact
- E. Kim Winchell said she used the peer counselor contacts found under participant activities and breastfeeding to document contacts. Those tend to identify in the reports.

Sharing

Ravalli – in the process of recruiting a new peer counselor, Mary is leaving; Mary did some home visits with the home visiting nurse, gave a different perspective for working with the participant with home setting taken in; texting moms

Missoula – many participants calling the peer counselors, Terri and Charlotte have about 370 pregnant women each; they do in office visits, liaison with the local breastfeeding coalition (this is actually being paid by another program); working on health department accreditation, looking for quality improvement in exclusive breastfeeding for the first six (6) months, they will be tracking to determine what is working

Flathead – Kim is teaching breastfeeding classes; plans are underway for the first annual breastfeeding awareness event in August with the local breastfeeding coalition; Kim is able to do home-visits; she is tracking moms who attend classes; a small gift is being given when participants hit certain milestones, such as 6 months of exclusive breastfeeding

Cascade – Lorrie is texting and making home visits; freshened up things with personal contacts and the packet of materials; she is working on accreditation by tacking selected items

Gallatin – Melanie and the WIC staff CLCs help man the 24 hour hot line and staff the Baby Bistro on Thursdays whose target audience is now breastfeeding and pregnant women; collaborating with the hospital to deliver breast pumps to participants in the hospital who have made arrangements and signed a release of information form; working on revamping several handouts; Gallatin encourages the Baby Led Breastfeeding method

RiverStone – Melanie was hired as the BPC about 3 weeks ago; she will be in the office 2 days a week; working on developing a paperless tracking system for tracking contacts and referrals; she and Elsa are working with the local breastfeeding coalition; recently spent time shadowing breastfeeding counselors; asked if anyone has a policy to not routinely issue formula in the 1st month (Gallatin said yes, and rather

than give WIC N Styles, give Lactinas because help resolve issues better and has more control over pressure); River Stone does the same for issuing Lactinas

Custer – Currently Vicky and Anna are the BPC, Veronica will be a BPC; calls are made to pregnant women, with a follow-up call after delivery, make sure mom and baby have an appointment; moms receive the breastfeeding success book at the last pregnancy certification appointment; they are working with the local hospital and the Billings Clinic to be notified if mom needs a breast pump (ie for an early delivery and premature infant)

Next conference call will be June 12, 2012 at 9:00 am.

Kim Winchell will present on which reports provide what information. Other agenda topics will be sent out prior to the conference call. If you know of a topic you would like to have discussed during a conference call, please email it to Chris at cfogelman@mt.gov.